

Colonoscopy General Info

Your appointment is on: _____ at: _____ AM/PM

Location: Endoscopy Clinic: 1st Floor, room 1G601, Credit Valley Hospital

What is a Colonoscopy?

A colonoscopy is a procedure used to diagnose diseases like polyps, colon cancer, colitis and diverticulosis. A colonoscope is a thin, flexible tube which is passed through the rectum into the colon to allow the doctor to look at the lining of the colon. A tiny video camera is attached to the tip of the colonoscope which sends images to a video monitor. If any abnormality is found, a biopsy or polyp removal (polypectomy) may be performed.

For your comfort, you will be given sedative medication which will relax you and make you sleepy.

For safe and effective examination of your colon, it must be completely empty of stool on the day of your procedure. This document provides a step-by-step guide on how to cleanse your colon and prepare for your appointment.

Important Things to Know in Advance

- Review diet, preparation and medication instructions carefully at least **1 week** before your procedure
- After sedation, **YOU MUST BE ESCORTED HOME BY AN ADULT FRIEND OR RELATIVE**. This is for your safety.
- Do not drive, operate hazardous machinery or drink alcohol for 24 hours after as you will be receiving sedation.
- Bring your health card and a piece of photo ID to your appointment
- Do not wear perfume, cologne, or scented creams as some staff and patients are highly allergic.
- Leave all your valuables, such as jewelry or money at home.
- Wear loose, comfortable clothing and shoes to your appointment.
- If you are **DIABETIC** please refer to the attached instruction sheet regarding your diabetic medications.
- **BLOOD THINNERS** need to be temporarily stopped before colonoscopy (Coumadin, Plavix, Pradaxa, Eliquis, ASA, etc..).
Check with your family physician or cardiologist in **ADVANCE** when it is safe to hold these medications before the procedure.
- Bring the completed **MEDICATION LIST** to your appointment.
- Come 30 minutes before your appointment.
- If you have an **OSTOMY**, please bring an **EXTRA OSTOMY BAG** to your appointment as the clinic does have any.
- ****It is very important to follow the directions above or your appointment may be cancelled****

Understanding the Risks

A colonoscopy is a potentially lifesaving procedure but, as with any invasive procedure, there are potential risks. (1 in 1000). Bleeding and bowel perforation requiring treatment rarely occurs. After your procedure, if you are experiencing significant pain or bleeding at home, and it is after clinic hours, please go to the nearest hospital emergency department immediately.

Cancellation or Rescheduling

To avoid a cancellation fee, you must advise us a minimum of 10 business days in advance of your procedure.

Getting Ready for Colonoscopy with PEG Polyethylene Glycol

7 days before:	<ul style="list-style-type: none"> Stop eating corn, popcorn, nuts, multigrain breads, grapes, berries or any foods containing seeds Stop taking fibre supplements (Metamucil) Stop taking iron pills Stop taking certain blood thinners (if approved by your cardiologist or family doctor) <ul style="list-style-type: none"> Ticlid (ticlopidine) Plavix (clopidogrel) Purchase 4L PEG Polyethylene Glycol (GoLytely, Klean Prep, Colyte or Peglyte) from any pharmacy 	
1 day before:	Morning appointment (before 1 pm) <ul style="list-style-type: none"> No solid food ALL DAY Consume only clear fluids, broth/consommé, apple juice, Sprite, ginger ale, black coffee, tea without milk. You can also have Jell-O (no red, blue or purple colours) At Noon: <ul style="list-style-type: none"> Prepare 4 packages of PEG laxative by mixing each package in 1L of water (total 4 litres) Refrigerate to make it taste better At 6 pm: <ul style="list-style-type: none"> Drink first 2L of PEG liquid Drink one full glass quickly every 15 minutes until entire 2 litres is finished. This should take 2 hours. If you feel nauseated take Gravol (purchase over the counter) Sucking on a popsicle, lemon or lime wedge may improve taste of the prep You will have many watery bowel movements and some cramping 	Afternoon appointment (after 1 pm) <ul style="list-style-type: none"> No solid food ALL DAY Consume only clear fluids, broth/consommé, apple juice, Sprite, ginger ale, black coffee, tea without milk. You can also have Jell-O (no red, blue or purple colours) At Noon: <ul style="list-style-type: none"> Prepare 4 packages of PEG laxative by mixing each package in 1L of water (total 4 litres) Refrigerate to make it taste better At 6 pm: <ul style="list-style-type: none"> Drink first 2L of PEG liquid Drink one full glass quickly every 15 minutes until entire 2 litres is finished. This should take 2 hours. If you feel nauseated take Gravol (purchase over the counter) Sucking on a popsicle, lemon or lime wedge may improve taste of the prep You will have many watery bowel movements and some cramping
The day of your procedure (you may have to get up very early):	<ul style="list-style-type: none"> 6 hours before your procedure, take the second 2 litres of PEG liquid as before Continue to drink ONLY clear fluids – NO SOLIDS Please DO NOT eat or drink ANYTHING for at least 2 hours before your procedure time (4 hours if having gastroscopy at the same time) If you normally take prescription BLOOD PRESSURE medications, take these in the MORNING with some water DO NOT chew gum on the day of your procedure. Arrive 30 minutes early and wear loose comfortable clothing You should be ready for pick up approximately 60 minutes post procedure 	<ul style="list-style-type: none"> At 7:00 am, take the second 2 litres of PEG liquid Continue to drink ONLY clear fluids – NO SOLIDS Please DO NOT eat or drink ANYTHING for at least 2 hours before your procedure time (4 hours if having gastroscopy at the same time) If you normally take prescription BLOOD PRESSURE medications, take these in the MORNING with some water DO NOT chew gum on the day of your procedure. Arrive 30 minutes early and wear loose comfortable clothing You should be ready for pick up approximately 60 minutes post procedure
After your procedure:	<ul style="list-style-type: none"> Resume normal diet and medications Instructions on re-starting BLOOD THINNERS will be provided after your procedure 	<ul style="list-style-type: none"> Resume normal diet and medications Instructions on re-starting BLOOD THINNERS will be provided after your procedure

PLEASE PRINT THIS FOR APPOINTMENT OR PROVIDE MEDICATION LIST FROM PHARMACY



My Medication List

List all the medications you take, such as pills, patches, inhalers, eye/ear/nose drops, creams, ointments, and samples the doctor gave you. Be sure to include over the counter medicine, vitamins, minerals, herbal products, and recreational drugs (example: alcohol or marijuana).

For your MedList to work, it's important to keep it up to date: use the date columns to indicate when old medications were stopped and new ones added.

This list belongs to: _____

Prescribed Medications (example: atorvastatin)	Dose/ Strength (20 mg)	How Much (1 pill)	How Often/When				Date Started	Date Stopped
			Morning	Afternoon	Evening	Bedtime		
Over the counter medications/ herbals/vitamins/recreational drugs								

Medication allergies: _____

If it's on the list, it won't be missed' Reviewed by: _____ Date reviewed: _____

Pharmacy: _____ Number: ()



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DIABETES MANAGEMENT

IF YOU NORMALLY TAKE:

- ORAL DIABETIC PILLS

- The day prior to your test (clear fluid diet), take your Metformin, Avandia, Actos, Januvia, Janumet, Agentan, Onglyza, Invokana, Jardiance or Forxiga as usual. Reduce your other diabetes medications (Glyburide or Diamicron MR)
- The day of your procedure, do not take your medications and resume afterwards

- TWICE DAILY INSULIN

- The day prior to your test (clear fluid diet), take your usual insulin dose in the morning and 75% of your usual dose in the afternoon
- The day of the procedure, do not take your insulin the morning of the procedure and resume when eating **afterwards**

- MULTIPLE INJECTIONS OF INSULIN (3+ per day)

- The day prior to your test (clear fluid diet):
 - Take 75% of your usual doses during the day
 - Take your usual evening dose of long insulin (NPH, Lente or Lantus)
- The day of your procedure:
 - If you have Type 2 diabetes do not take your morning insulin and resume **afterwards**
 - If you have Type 1 diabetes take 50% of your usual NPH dose in the morning of the test